

Count Your Blessings

By Joshua DuBoise

Purpose: The purpose of this lesson is to help us remain thankful by realizing the many ways God continues to bless us despite what we might not have.

Family Engagement Activities (2 Options):

Option 1: Take your family, go to the kitchen, open the refrigerator, and say, "there is nothing to eat." Next, walk to your closet, open it, and say, "I have nothing to wear." Then, ask them, "Is that a true statement?" Bring attention to the fact there is plenty of food and plenty of clothes. It's just not what you at the moment.

Option 2: To engage your family, take turns verbally listing, in ten (10) seconds, as many blessings as you can. However, you cannot repeat any blessings that have already been mentioned. You could also have each family member draw a picture of their top three (3) blessings. Or, in sixty (60) seconds, have each person write down as many blessings as you can.

Ask: What are some blessings that you often take for granted or fail to appreciate?

Ask: When is it most difficult to think about all the blessings God has given you?

1 Thessalonians 5:17-18 says, "never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." God wants us to pray, not only in difficult times but also in good times. The fact that Paul encourages us to be thankful in all situations implies that God still loves us and blesses us even when life is difficult, and things are not going our way.

- **Ask:** Why is it important for us to be thankful in difficult and stressful situations?
- **Ask:** How do we benefit from being thankful in hard times?
- **Ask:** How can the people around us benefit when we are thankful in difficult times?

Though we may lack some physical blessings, God continues to bless us spiritually. Read **Ephesians 1:3-9** and identify as many spiritual blessings as you can. Emphasize the fact that spiritual blessings are far more important than physical ones. Spiritual blessings are never-ending, and no one can take them from you; they lead us to heaven to spend eternity with God.

Family Prayer: End with a prayer thanking God for each person in your home.

Additional Optional Reading: Numbers 11:1-9 (This passage is about the children of Israel complaining about the manna God gave them while in the wilderness)

(Click [here](#) for family video)